



# Today's Inspirations

My focus determines the reality I experience

The most important to do's

☐

☐

☐

☐

☐

☐

☐

☐

I am grateful for... (1 to 3 things)

Words to live by

Notes

Water Hydration- Filtered



*It's a good day  
to have a  
good day*

Appointments

☐

☐

☐

☐

☐



Today I moved my body  
Connected with my goals  
Ate as intuitively as I could  
Did something creative  
Crazy danced for 5 mins  
3 min Power meditation  
I learnt something new  
Spent time in nature  
(physically or in my minds eye)